

COVID-19 RESOURCES:



# SOCIAL DISTANCING & MENTAL HEALTH



[Manage Anxiety & Stress \(Centers for Disease Control and Prevention\)](#)

[Taking Care of Your Behavioral Health During an Infectious Disease Outbreak \(Substance Abuse and Mental Health Services Administration\)](#)

[Mental Health Considerations during COVID-19 Outbreak \(World Health Organization\)](#)

[COVID-19 Information and Resources \(National Alliance on Mental Health\)](#)

[Building your resilience \(American Psychological Association\)](#)

[Keeping Your Distance to Stay Safe \(American Psychological Association\)](#)